

## What is Domestic Abuse?

is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.

People of any race, age, gender, sexuality, religion, education level, or economic status can be a victim — or perpetrator — of domestic violence.

## Types of abuse

- Physical
- Emotional
- Psychological
- Sexual
- Financial
- Digital

## Our Programming

One-on-one Advocacy  
Support Groups  
Legal Advocacy  
Children and Youth Advocacy  
24/7 Helpline  
Shelter Program  
Domestic Violence Intervention Program  
Calumet County Outreach Program  
Community Outreach and  
Prevention Education

Outagamie County:  
920.832.1666

Calumet County:  
920.849.7819

Toll-Free:  
800.970.1171

Email:  
[safe@harborhousewi.org](mailto:safe@harborhousewi.org)

## Locations

720 W. Fifth Street, Appleton, WI 54914

107 Southside Shopping Center,  
Chilton, WI 53014



# HOW CAN I HELP?

A Support Guide for  
Friends and Family

We are here to offer support 24/7.  
All services are 100% confidential.

## How to recognize the signs of domestic abuse?

It is important to know that abuse is **NOT** just physical violence. Every relationship is different and the ways domestic abuse presents itself doesn't always look the same.

### Common signs of abuse behavior

- Jealousy
- Controlling behavior
- Quick involvement
- Unrealistic expectations
- Isolating partner from friends and loved ones
- Blaming others for problems and behaviors
- Hypersensitivity
- Cruelty to animals and children
- Playful use of force in sex
- Mood swings (Dr. Jekyll and Mr. Hyde)
- Threats of violence
- Pressuring partner to use drugs or alcohol
- Destroying partners belonging or home
- Any force used during an argument

## WHAT CAN I DO TO HELP?

### Become informed about domestic abuse

Reach out to your local domestic abuse program and ask questions, check out their website for information. Local programs can offer you knowledge, support, and can educate you on your role as a loved one

### Validate how you feel

It is important to not push or guilt your loved one to do what you think is best. You can express that it is hard to see a loved one of yours in this situation, that it is not your role to 'help' them, but rather that you are there to offer unwavering support.

### Be supportive (and continue to be supportive)

Listen. Gently ask questions such as 'How are you feeling?'. Do not force the issue into conversation. Show that you are available to help whenever.

### Be non-judgmental

Respect your loved one's choices, and remain supportive. There are complex reasons why people stay in abusive relationships and many times if they leave the relationship they will go back an average of seven times. Do not criticize or judge. Stay connected and continue to offer support.

### Encourage them to seek support from people who can help and give guidance

When your loved one asks for advice, share the information you have gathered and encourage them to seek support from their local domestic abuse program. Advocates at domestic violence programs are equipped and fully aware of the dynamics of domestic abuse and can best provide safety and support.